

ABSTRACT

“EFFECTIVENESS OF GUM CHEWING ON THE POST-OP RECOVERY OF GASTROINTESTINAL FUNCTION AFTER CAESAREAN SECTION”

INTRODUCTION

AIMS & OBJECTIVES

To study the effectiveness of Gum Chewing on the post-op recovery of gastrointestinal function after caesarean section

PRIMARY OBJECTIVE

The primary objective is to determine the relationship between gum chewing and recovery of gastro intestinal function after uncomplicated caesarean section.

SECONDARY OBJECTIVE

To compare the time taken for first bowel sound to appear, first passage of flatus, first passage of stools, between patients who were given chewing gum with an intention to improve bowel motility with those who were not.

MATERIALS AND METHODS

This prospective study was conducted at IOG, Egmore, Chennai in the Department of Obstetrics and Gynaecology. The period of study was for 6 months between

April 2017 to September 2017. All women undergoing elective caesarean section at IOG with no medical comorbidities or any contraindication for gum chewing were included in the study. Women undergoing caesarean hysterectomy, prolonged surgery were further excluded. The time taken for first bowel sound to appear, first passage of flatus, first passage of stools, between patients who were given chewing gum were compared with those who were not and the values were recorded.

RESULTS

The mean interval of Intestinal parameters was statistically significant shorter in the study group than the control group. The mean time for the first bowel sounds to appear was 10.1 vs 15.5, $p=0.0005$, first passage of flatus 17.8 vs 24.2, $p=0.0005$, and first bowel movement, 20.3 vs 30, $p=0.0005$, all of which are statistically significant. Hence the proposed hypothesis that gum chewing can positively promote intestinal motility in the post-operative period after caesarean section was re-emphasised.

CONCLUSION

Our study has further supported that gum chewing is associated with early recovery of intestinal function after caesarean section, which may be helpful to reduce the time to first passage of flatus, first defecation, first bowel sound, first bowel movement and shorten the length of hospital stay. Gum chewing offers a safe, simple and inexpensive for hastening the recovery of intestinal function after caesarean section, which is worthy of promotion for clinical use.

KEYWORDS

Sham feeding

Paralytic ileus

Cephalic vagal phase

Gum chewing

Improved bowel motility

Passage of flatus

Passage of stools

Post-operative

Caesarean section

Early feeding

Vomiting

Abdominal distension

